

CLAIMS

What is claimed is:

1. A method comprising:
administering a beverage composition suitable for human consumption comprising effective amounts of the following solubilized components:
a calcium compound;
an acid in an amount up to the equivalent amount of a calcium of the calcium compound; and
inulin,
wherein the effective amounts are sufficient to reduce the risk of bone density loss.

2. The method of claim 1, wherein the composition further comprises amounts of Vitamin D₃ and Vitamin K.

3. The method of claim 2, further comprising:
a stabilizing agent comprising maltol and one of carrageenan and maltodextrin and a xanthan gum, the stabilizing agent present in an amount such that the solubility of the soy isoflavone in the beverage is greater than 75 percent.

4. The method of claim 3, wherein the effective amounts of the individual components are selected for an individual serving size representing a portion less than a daily predetermined amount.

5. The method of claim 1, wherein the composition further comprises effective amounts of a magnesium compound.

6. The method of claim 1, wherein the composition further comprises an isoflavone.

BEST AVAILABLE COPY

Sub A4

7. A method comprising:
administering a beverage composition suitable for human consumption comprising amounts of the following solubilized compounds:
a calcium compound;
a magnesium compound;
an acid in an amount up to the equivalent amount of a calcium of the calcium compound; and
a fructo-oligosaccharide.

Sub B3

8. The method of claim 7, wherein the composition further comprises Vitamin D₃.

Sub A5

9. The method of claim 7, further comprising:
a stabilizing agent comprising maltol and one of carrageenan and maltodextrin and a xanthan gum, the stabilizing agent present in an amount such that the solubility of the soy isoflavone in the beverage is greater than about 75 percent.

Sub B3

10. The method of claim 7, wherein the effective amounts of the individual components are selected for an individual serving size representing a portion less than a daily predetermined amount.

11. The method of claim 7, wherein the composition further comprises an isoflavone.

12. A method comprising:
administering a solid supplement composition suitable for human consumption comprising effective amounts of the following components:
a calcium compound;
an acid in an amount up to the equivalent amount of a calcium of the calcium compound; and
inulin,

BEST AVAILABLE COPY

wherein the effective amounts are sufficient to reduce the risk of bone density loss.

13. The method of Claim 12, wherein the composition further comprises predetermined amount of Vitamin E

14. A composition suitable for human consumption comprising a portion of a daily amount of:

a dietary acceptable calcium compound;
a dietary acceptable magnesium compound;
a dietary acceptable inulin; and
an acidifier in an amount up to the equivalent amount of a calcium of the calcium compound.

15. The composition of claim 14, further comprising:

a dietary acceptable Vitamin D₃; and
a dietary acceptable Vitamin K.

16. The composition of claim 15, wherein the composition is one of a ready-to-drink beverage and a beverage preparation.

17. The composition of claim 15, wherein the composition is a beverage of a liquid having a pH less than 5.0 and further comprising:

a stabilizing agent comprising at least one of a maltol, a composition of carrageenan and maltodextrin, and a xanthan gum, such that each component of the composition is soluble in the liquid.

18. The composition of claim 17, further comprising a dietary acceptable isoflavone wherein the solubility of the isoflavone is greater than 75 percent.

BEST AVAILABLE COPY

- Sub
B3*
19. The composition of claim 18, wherein the isoflavone is a soy isoflavone that comprises at least one of a daidzein compound, a genistein compound, and a glycitein compound.
20. The composition of claim 14, wherein the weight ratio of calcium to magnesium is in the range of five to one and three to one.
21. The composition of claim 18, wherein the weight ratio of calcium to isoflavones is in the range of ten to one.
22. The composition of claim 14, wherein the weight ratio of calcium to inulin is one to ten.
- 3/29* 23. The composition of claim 14, wherein the magnesium compound comprises phosphorus.
- 100
50
45
40
35
30
25
20
15
10
5
0

BEST AVAILABLE COPY